

City of Loma Linda Community Garden News

Fall/Winter 2002

OFFERING COMMUNITY GARDENERS: IDEAS.....INSPIRATIONS.....HEALTHFUL TIPS AND RESOURCES.....

Cool Season Crops

- Artichoke
- Asparagus
- Beet
- Broad Bean
- Broccoli
- Brussel Sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Chicory
- Chive
- Garlic
- Horseradish
- Kale
- Lettuce
- Onion
- Parsley
- Pea
- Potato
- Radish
- Rhubarb
- Sorrel
- Spinach
- Turnip

Garden open
dawn til dusk



Community Garden Clean Up

On Sunday, October 27th Gardener's participated in a Garden Clean Up Day. Weeds were pulled, rocks were hauled, and trash picked up by all. Even the Mayor showed up to help out.

The Garden is ready for the fall planting and some have already started their winter garden.

Thanks to all who participated!



Above: Gardner's Jerry Title and Norma McIntosh hard at work filling their cart with weeds

Getting Started.



David Stottlemeyer from the University of California Botany Department has provided several workshops on gardening techniques. The topics included classes on Soil Fertility, Pest Prevention/Control and Getting Started (designing your garden down to the vegetables to plant when).

Mr. Stottlemeyer shared his experience in gardening and provided the gardeners with different gardening techniques and ideas. Workshops will resume in January and will include culinary lectures, cooking classes and food demonstration by Joy Petersen a registered dietitian.

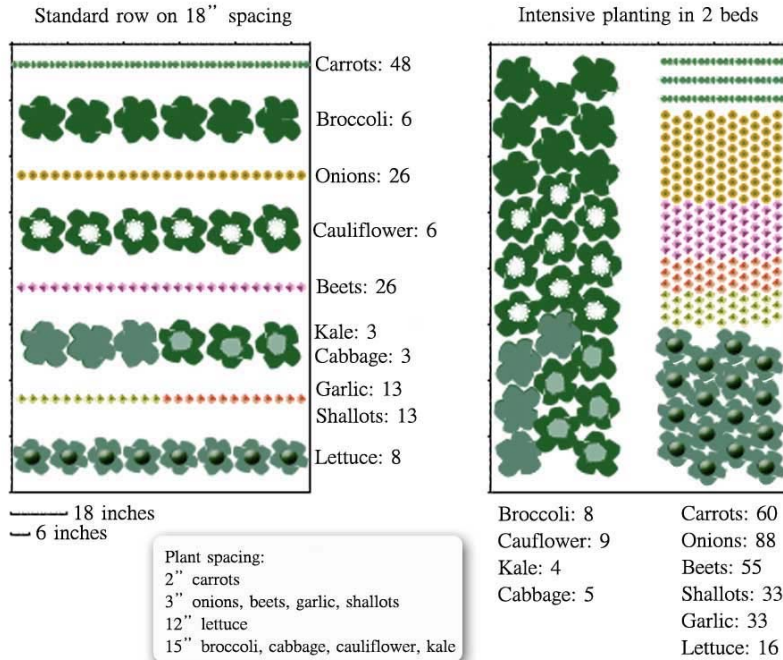
Community Garden News
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Loma Linda



Ideas and submissions
are welcome. Contact
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Garden Layout Options 8 by 12'



COMING SOON:

Garden benches

Picnic table

Lighting

Shade awning

Winter is an etching.....

Spring a watercolor.....

Summer an oil painting.....

and Autumn a mosaic of them all.....

Stanley Horowitz

Pasta & Broccoli Recipe

Ingredients:

1lb. shell pasta
1lb. Broccoli
5 Cloves garlic, chopped

2 tbsp. olive oil
1/4 cup parmesan cheese
salt and pepper



Directions:

Boil water in 2-quart saucepan, add about 2 tsp. of salt, cook and drain pasta. Meanwhile, chop broccoli into small pieces. Heat oil in medium saucepan, add garlic, and cook about 1 minute. Add broccoli and stir. Cover and simmer about 20 minutes until very tender. You may need to add some water to prevent burning. Add the broccoli to the drained pasta and stir well. Season with salt and pepper. Sprinkle with freshly grated Parmesan cheese. Makes 4 servings.

Nutritional values per serving: 511 calories, 7 g. total fat, 6g. Fiber, 4mg. cholesterol, 132 mg. sodium, 92 g. carbohydrates, 20 g. protein